WHAT IS THE RELATIONSHIP BETWEEN DIETARY PATTERNS CONSUMED AND NEUROCOGNITIVE HEALTH?: SYSTEMATIC REVIEW PROTOCOL

This document describes the protocol for a systematic review to answer the following question: What is the relationship between dietary patterns consumed and neurocognitive health?

The 2020 Dietary Guidelines Advisory Committee, Dietary Patterns subcommittee, answered this question by conducting a systematic review with support from USDA's Nutrition Evidence Systematic Review (NESR), part of which involved updating two existing NESR systematic reviews.

NESR methodology for answering a systematic review question involves:

- searching for and selecting articles,
- extracting data and assessing the risk of bias of results from each included article,
- synthesizing the evidence,
- developing a conclusion statement,
- grading the evidence underlying the conclusion statement, and
- recommending future research.

More information about NESR's systematic review methodology, used in this systematic review update, is available on the NESR website: https://nesr.usda.gov/2020-dietary-guidelines-advisory-committee-systematic-reviews.

The existing NESR systematic reviews that were updated as part of this work were conducted by the 2015 Dietary Guidelines Advisory Committee and staff from USDA's NESR. Complete documentation of the two systematic reviews is available on NESR's website:

- https://nesr.usda.gov/what-relationship-between-dietary-patterns-and-risk-depression#full-review
- https://nesr.usda.gov/what-relationship-between-dietary-patterns-and-risk-dementiacognitive-declinealzheimers-disease#full-review
- more information about the systematic review methodology used by the 2015 Dietary Guidelines Advisory Committee is also available on the NESR website: https://nesr.usda.gov/2015-dietary-guidelines-advisory-committee-nutrition-evidence-library-methodology-0

This protocol is up-to-date as of: 4/20/2020.

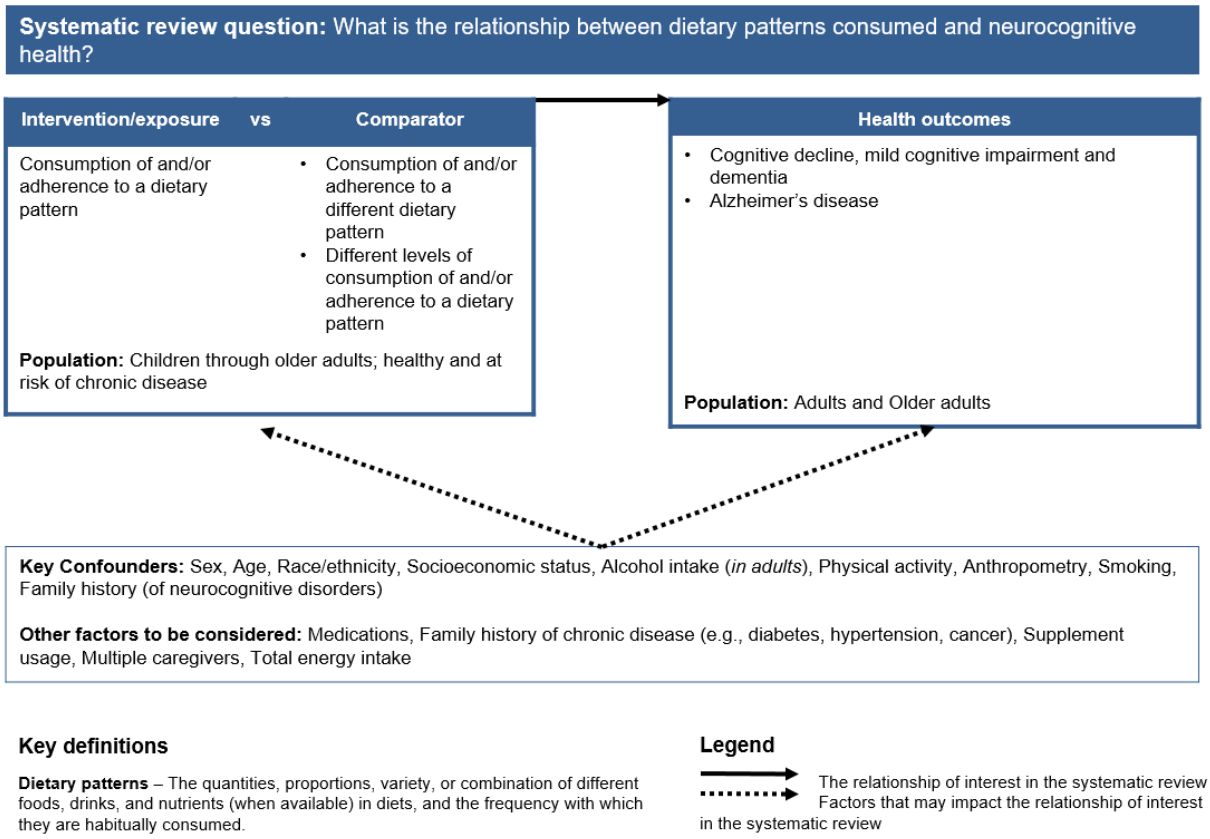
This document reflects the protocol as it was implemented. It now includes the electronic databases and search terms, and literature search and screening results, including a list of included articles, and a list of excluded articles with the rationale for exclusion

This document includes details about the methodology as it was applied to the systematic review:

ANALYTIC FRAMEWORK

The analytic framework (**Figure 1**) illustrates the overall scope of the systematic review, including the population, the interventions and/or exposures, comparators, and outcomes of interest. It also includes definitions of key terms and identifies key confounders and other factors considered in the systematic review. The inclusion and exclusion criteria that follow provide additional information about how parts of the analytic framework were defined and operationalized for the review.

Figure 1: Analytic framework



LITERATURE SEARCH AND SCREENING PLAN

Inclusion and exclusion criteria

This table provides the inclusion and exclusion criteria for the systematic review. The inclusion and exclusion criteria are the set of characteristics used to determine which articles identified in the literature search were included in or excluded from the systematic review.

Table 1. Inclusion and exclusion criteria

Category	Inclusion Criteria	Exclusion Criteria
Study design[i]	• Randomized controlled trials • Non-randomized controlled trials, including quasi-experimental and controlled before and after studies • Prospective cohort studies • Retrospective cohort studies • Nested case-control studies • Case-control studies	• Uncontrolled trials • Cross-sectional studies • Uncontrolled before-and-after studies • Narrative reviews • Systematic reviews • Meta-analyses
Intervention/ exposure[ii]	Studies that examine consumption of and/or adherence to a Dietary pattern [i.e., the quantities, proportions, variety, or combination of different foods, drinks, and nutrients (when available) in diets, and the frequency with which they are habitually consumed] such as Dietary Approaches to Stop Hypertension (DASH), and vegetarian/vegan), including, at a minimum, a description of the foods and beverages in the pattern ○ Dietary patterns may be measured or derived using a variety of approaches, such as adherence to a priori patterns (indices/scores), data driven patterns (factor or cluster analysis), reduced rank regression, or other methods, including clinical trials	Studies that do not provide a description of the dietary pattern, which at minimum, must include the foods and beverages in the pattern (i.e., studies that examine a labeled dietary pattern, but do not describe the foods and beverages consumed)

[i] The existing NESR systematic reviews excluded case-control studies. The update considered case-control studies because the outcomes considered may have low incidence.
[ii] In this update to the existing review, only studies examining dietary patterns were examined. The rationale is that preliminary scoping revealed no studies that examined macronutrient proportions that met inclusion and were not designed to treat patients that exclusively have the outcome of interest.

Category	Inclusion Criteria	Exclusion Criteria
Comparator	Dietary patterns described by foods and beverages consumed: • Consumption of and/or adherence to a different dietary pattern • Different levels of consumption of and/or adherence to a dietary pattern	• N/A
Outcomes[iii]	• Cognitive decline, mild cognitive impairment, and dementia • Alzheimer's disease	
Date of publication	• January 2014 – February 2020	• Articles published prior to January 2014 or after February 2020
Publication status	Articles that have been peer-reviewed	Articles that have not been peer-reviewed and are not published in peer-reviewed journals (e.g., unpublished data, manuscripts, reports, abstracts, pre-prints, and conference proceedings)
Language of publication	Articles published in English	Articles published in languages other than English
Country[iv]	Studies conducted in countries ranked as high or higher human development	Studies conducted in countries ranked as medium or lower human development

[iii] This update to an existing review included only cognitive decline, mild cognitive impairment, dementia, and Alzheimer's disease. Thus, more objective measures of brain function reached beyond the scope of this systematic review, unless studies reported outcomes of cognitive decline, mild cognitive impairment, dementia, and Alzheimer's disease.

[iv] The Human Development classification was based on the Human Development Index (HDI) ranking from the year the study intervention occurred or data were collected (UN Development Program. HDI 1990-2017 HDRO calculations based on data from UNDESA (2017a), UNESCO Institute for Statistics (2018), United Nations Statistics Division (2018b), World Bank (2018b), Barro and Lee (2016) and IMF (2018). Available from: http://hdr.undp.org/en/data). If the study did not report the year in which the intervention occurred or data were collected, the HDI classification for the year of publication was applied. HDI values are available from 1980, and then from 1990 to present. If a study was conducted prior to 1990, the HDI classification from 1990 was applied. If a study was conducted in 2018 or 2019, the most current HDI classification was applied. When a country was not included in the HDI ranking, the current country classification from the World Bank was used instead (The World Bank. World Bank country and lending groups. Available from: https://datahelpdesk.worldbank.org/knowledgebase/articles/906519 -world- country-and-lending-groups).

Category	Inclusion Criteria	Exclusion Criteria
Study participants	• Human participants • Males • Females • Women during pregnancy and lactation	• Non-human participants (i.e., animals)

Age of study participants	• Age at intervention or exposure:
	  ○ Children and adolescents (ages 2-18 years)
	  ○ Adults (ages 19-64 years)
	  ○ Older adults (ages 65 years and older)
		• Age at intervention or exposure:
		  ○ Infants and toddlers (birth to 24 months)

	• Age at outcome:
	  ○ Adults (ages 19-64 years)
	  ○ Older adults (ages 65 years and older)
		• Age at outcome:
		  ○ Infants and toddlers (birth to 24 months)
		  ○ Children and adolescents (ages 2-18 years)

Study duration	• Minimum length of intervention of 12 weeks	• Interventions < 12 weeks
Size of study groups	• 30 participants per-arm for interventions, or • A power calculation included for interventions • n≥ 1,000 for observational studies	• Fewer than 30 participants per arm for interventions, or • No power calculation reported for interventions • Fewer than 1000 participants for observational studies
Health status of study participants	• Studies that enroll participants who are healthy and/or at risk for chronic disease, including those with obesity • Studies that enroll ***some*** participants diagnosed with a disease • Studies that enroll some participants diagnosed with mild cognitive impairment, dementia, or Alzheimer's disease, anxiety, or depression	• Studies that ***exclusively*** enroll participants diagnosed with a disease or hospitalized with illness or injury. (For this criterion, studies that exclusively enroll subjects with obesity will be included.) • Studies that ***exclusively*** enroll participants with mild cognitive impairment, dementia, or Alzheimer's disease, anxiety, or depression (i.e., studies that aim to treat participants who have already been diagnosed with the outcome of interest)

Electronic databases and search terms

Listed below are the databases searched to identify all potentially relevant articles that have been published to address the update to the existing systematic review.

Database: PubMed
Provider: U.S. National Library of Medicine
Date(s) Searched: February 4, 2020
Date range searched: January 1, 2014 - February 4, 2020

((((dietary pattern* OR diet pattern* OR eating pattern* OR food pattern* OR diet quality* OR eating habit* OR dietary habit* OR diet habit* OR food habit* OR beverage habit* OR "Feeding Behavior"[Mesh:NoExp] OR feeding behavior*[tiab] OR dietary profile* OR food profile* OR diet profile* OR eating profile* OR dietary guideline* OR dietary recommendation* OR dietary intake* OR eating style* OR "Diet, Mediterranean"[Mesh] OR Mediterranean Diet*[tiab] OR "Dietary Approaches To Stop Hypertension"[Mesh] OR Dietary Approaches To Stop Hypertension Diet* OR DASH diet* OR "Diet, Gluten-Free"[Mesh] OR Gluten Free diet* OR prudent diet* OR "Diet, Paleolithic"[Mesh] OR Paleolithic Diet* OR "Diet, Vegetarian"[Mesh] OR vegetarian diet*[tiab] OR vegan diet* OR "Diet, Healthy"[Mesh] OR healthy diet* OR plant based diet* OR "Diet, Western"[Mesh] OR western diet* OR "Diet, Carbohydrate-Restricted"[Mesh] OR low-carbohydrate diet* OR high carbohydrate diet* OR Ketogenic Diet* OR Nordic Diet* OR "Diet, Fat-Restricted"[Mesh] OR "Diet, High-Fat"[Mesh] OR "Diet, High-Protein"[Mesh] OR high protein diet*[tiab] OR protein intake* OR high-fat diet* OR low fat diet* OR "Diet, Protein-Restricted"[Mesh] OR low protein diet* OR "Diet, Sodium-Restricted"[Mesh] OR low-sodium diet* OR low salt diet* OR ((“Guideline Adherence"[Mesh] OR guideline adherence*) AND (diet[tiab] OR dietary[tiab] OR food[tiab] OR beverage*[tiab] OR nutrition*[tiab])) OR diet score* OR diet quality score* OR diet quality index* OR kidmed OR diet index* OR dietary index* OR food score* OR MedDietScore OR healthy eating index[tiab] OR ((pattern[tiab] OR patterns[tiab] OR consumption[tiab] OR habit*[tiab]) AND (“Diet"[Mesh:NoExp] OR diet[tiab] OR diets[tiab] OR dietary[tiab] OR "Food"[Mesh] OR food[tiab] OR foods[tiab] OR "Beverages"[Mesh] OR beverage[tiab] OR beverages[tiab])))) AND ("Cognition Disorders"[Mesh] OR "Cognition"[Mesh] OR cognition[tiab] OR metacognition[tiab] OR neurocognitive[tiab] OR "Dementia"[Mesh] OR dementia[tiab] OR Alzheimer*[tiab] OR senility[tiab] OR senile[tiab] OR presenile[tiab] OR (cognit*[tiab] AND (function*[tiab] OR dysfunction*[tiab] OR declin*[tiab] OR deteriorat* OR degenerat*[tiab] OR disorder*[tiab] OR dysfunction*[tiab] OR reduct*[tiab] OR impair*[tiab] OR deficit*[tiab] OR deficien* OR progress*[tiab] OR perform*[tiab] OR abilit*[tiab])))) NOT (("Animals"[Mesh] NOT ("Animals"[Mesh] AND "Humans"[Mesh])))) NOT (editorial[ptyp] OR comment[ptyp] OR news[ptyp] OR letter[ptyp] OR review[ptyp] OR systematic review[ptyp] OR systematic review[ti] OR meta-analysis[ptyp] OR meta-analysis[ti] OR meta-analyses[ti] OR retracted publication[ptyp] OR retraction of publication[ptyp] OR retraction of publication[tiab] OR retraction notice[ti]) Filters: Publication date from 2014/01/01 to 2020/02/04; English

Database: Cochrane Central Register of Controlled Trials (CENTRAL)
Provider: John Wiley & Sons
Date(s) Searched: February 4, 2020
Date range searched: January 1, 2014 - February 4, 2020

#1 - [mh ^"Feeding Behavior"] OR [mh "Diet, Mediterranean"] OR [mh "Dietary Approaches To Stop Hypertension"] OR [mh "Diet, Gluten-Free"] OR [mh "Diet, Paleolithic"] OR [mh "Diet, Vegetarian"] OR [mh "Healthy Diet"] OR [mh "Diet, Western"] OR [mh "Diet, Carbohydrate-Restricted"] OR [mh "Diet, Fat-Restricted"] OR [mh "Diet, High-Fat"] OR [mh "Diet, High-Protein"] OR [mh "Diet, Protein-Restricted"] OR [mh "Diet, Sodium-Restricted"]

#2 - ("dietary pattern*" OR "diet pattern*" OR "eating pattern*" OR "food pattern*" OR "diet quality*" OR "eating habit*" OR "dietary habit*" OR "diet habit*" OR "food habit*" OR "beverage habit*" OR "feeding behavior*" OR "dietary profile*" OR "food profile*" OR "diet profile*" OR "eating profile*" OR "dietary guideline*" OR "dietary recommendation*" OR "dietary intake*" OR "eating style*" OR "Mediterranean Diet*" OR "Dietary Approaches To Stop Hypertension Diet*" OR "DASH diet*" OR "Gluten Free diet*" OR "prudent diet*" OR "Paleolithic Diet*" OR "vegetarian diet*" OR "vegan diet*" OR "healthy diet*" OR "plant based diet*" OR "western diet*" OR "low-carbohydrate diet*" OR "high carbohydrate diet*" OR "Ketogenic Diet*" OR "Nordic Diet*" OR "high protein diet*" OR "protein intake*" OR "high-fat diet*" OR "low fat diet*" OR "low protein diet*" OR "low-sodium diet*" OR "low salt diet*"):ti,ab,kw

#3 - (([mh "Guideline Adherence"] OR guideline adherence*) NEAR/6 (diet OR dietary OR food OR beverage* OR nutrition*))

#4 - ("diet score*" OR "diet quality score*" OR "diet quality index*" OR kidmed OR "diet index*" OR "dietary index*" OR "food score*" OR MedDietScore OR "healthy eating index*"):ti,ab,kw

#5 - ((pattern OR patterns OR consumption OR habit*) NEAR/6 ([mh ^"Diet"] OR diet OR diets OR dietary OR [mh "Food"] OR food OR foods OR [mh "Beverages"] OR beverage OR beverages))

#6 - #1 OR #2 OR #3 OR #4 OR #5

#7 - [mh "Cognition Disorders"] OR [mh "Cognition"] OR [mh "Dementia"]

#8- (cognition OR metacognition OR neurocognitive OR dementia OR Alzheimer* OR senility OR senile OR presenile):ti,ab,kw

#9 - ((cognit* NEAR/6 (function* OR dysfunction* OR declin* OR deteriorat* OR degenerat* OR disorder* OR dysfunction* OR reduct* OR impair* OR deficit* OR deficien* OR progress* OR perform* OR abilit*))):ti,ab,kw

#10 - #7 OR #8 OR #9

#11 - #6 AND #10" with Publication Year from 2014 to 2020, in Trials (Word variations have been searched)

Database: Embase
Provider: Elsevier
Date(s) Searched: February 4, 2020
Date range searched: January 1, 2014 - February 4, 2020

#12) #6 AND #10 AND ([article]/lim OR [article in press]/lim) AND [humans]/lim AND [english]/lim AND [2014-2020]/py NOT ([conference abstract]/lim OR [conference

paper]/lim OR [conference review]/lim OR [editorial]/lim OR [erratum]/lim OR [letter]/lim OR [note]/lim OR [review]/lim OR [systematic review]/lim OR [meta analysis]/lim)

#11) #6 AND #10

#10) #7 OR #8 OR #9

#9) (cognit* NEAR/6 (function* OR dysfunction* OR declin* OR deteriorat* OR degenerat* OR disorder* OR dysfunction* OR reduct* OR impair* OR deficit* OR deficien* OR progress* OR perform* OR abilit*)):ab,ti

#8) cognition:ab,ti OR metacognition:ab,ti OR neurocognitive:ab,ti OR dementia:ab,ti OR alzheimer*:ab,ti OR senility:ab,ti OR senile:ab,ti OR presenile:ab,ti

#7) 'cognitive defect'/exp OR 'cognition'/exp OR 'dementia'/exp

#6 #1 OR #2 OR #3 OR #4 OR #5

#5) ((pattern OR patterns OR consumption OR habit*) NEAR/6 (diet OR diets OR dietary OR food OR foods OR beverage OR beverages)):ab,ti

#4) 'diet score*':ab,ti OR 'diet quality score*':ab,ti OR 'diet quality index*':ab,ti OR kidmed:ab,ti OR 'diet index*':ab,ti OR 'dietary index*':ab,ti OR 'food score*':ab,ti OR meddietscore:ab,ti OR 'healthy eating index*':ab,ti

#3) ('guideline adherence*' NEAR/6 (diet OR dietary OR food OR beverage* OR nutrition*)):ab,ti

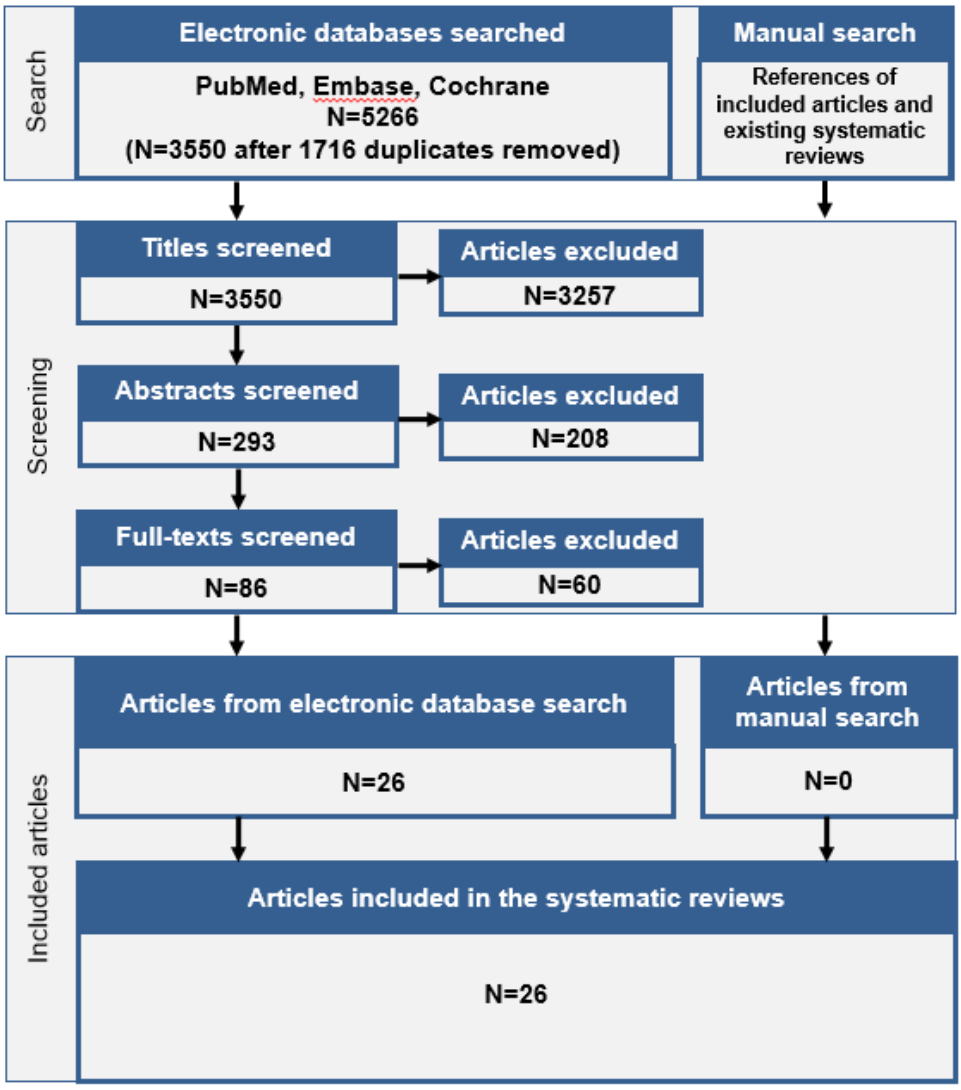
#2) 'dietary pattern*':ab,ti OR 'diet pattern*':ab,ti OR 'eating pattern*':ab,ti OR 'food pattern*':ab,ti OR 'diet quality*':ab,ti OR 'eating habit*':ab,ti OR 'dietary habit*':ab,ti OR 'diet habit*':ab,ti OR 'food habit*':ab,ti OR 'beverage habit*':ab,ti OR 'feeding behavior*':ab,ti OR 'dietary profile*':ab,ti OR 'food profile*':ab,ti OR 'diet profile*':ab,ti OR 'eating profile*':ab,ti OR 'dietary guideline*':ab,ti OR 'dietary recommendation*':ab,ti OR 'dietary intake*':ab,ti OR 'eating style*':ab,ti OR 'mediterranean diet*':ab,ti OR 'dietary approaches to stop hypertension diet*':ab,ti OR 'dash diet*':ab,ti OR 'gluten free diet*':ab,ti OR 'prudent diet*':ab,ti OR 'paleolithic diet*':ab,ti OR 'vegetarian diet*':ab,ti OR 'vegan diet*':ab,ti OR 'healthy diet':ab,ti OR 'plant based diet*':ab,ti OR 'western diet*':ab,ti OR 'low-carbohydrate diet*':ab,ti OR 'high carbohydrate diet*':ab,ti OR 'ketogenic diet*':ab,ti OR 'nordic diet*':ab,ti OR 'high protein diet*':ab,ti OR 'protein intake*':ab,ti OR 'high-fat diet*':ab,ti OR 'low fat diet*':ab,ti OR 'low protein diet*':ab,ti OR 'low-sodium diet*':ab,ti OR 'low salt diet*':ab,ti

#1) 'feeding behavior'/de OR 'mediterranean diet'/exp OR 'dash diet'/exp OR 'gluten free diet'/exp OR 'paleolithic diet'/de OR 'vegetarian diet'/exp OR 'healthy diet'/exp OR 'western diet'/de OR 'low carbohydrate diet'/exp OR 'low fat diet'/de OR 'lipid diet'/exp OR 'protein diet'/exp OR 'protein restriction'/exp OR 'sodium restriction'/exp

LITERATURE SEARCH AND SCREENING RESULTS

The flow chart (Figure 2) below illustrates the literature search and screening results for articles examining the update to this systematic review question. The results of the electronic database searches, after removal of duplicates, were screened independently by two NESR analysts using a step-wise process by reviewing titles, abstracts, and full-texts to determine which articles met the inclusion criteria. Refer to **Table 2** for the rationale for exclusion for each excluded full-text article. A manual search was done to find articles that were not identified when searching the electronic databases; all manually identified articles were also screened to determine whether they meet criteria for inclusion.

Figure 2: Flow chart of literature search and screening results from the update to the existing review



Included articles

1. Adjibade, M, Assmann, KE, Julia, C, Galan, P, Hercberg, S, Kesse-Guyot, E. Prospective association between adherence to the MIND diet and subjective memory complaints in the French NutriNet-Sante cohort. J Neurol. 2019. 266:942-952 https://www.ncbi.nlm.nih.gov/pubmed/30706155
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3. Berendsen, AAM, Kang, JH, van de Rest, O, Feskens, EJM, de Groot, Lcpgm, Grodstein, F. The Dietary Approaches to Stop Hypertension Diet, Cognitive Function, and Cognitive Decline in American Older Women. J Am Med Dir Assoc. 2017. 18:427-432 https://www.ncbi.nlm.nih.gov/pubmed/28108204
4. Berendsen, AM, Kang, JH, Feskens, EJM, de Groot, Cpgm, Grodstein, F, van de Rest, O. Association of Long-Term Adherence to the MIND Diet with Cognitive Function and Cognitive Decline in American Women. J Nutr Health Aging. 2018. 22:222-229 https://www.ncbi.nlm.nih.gov/pubmed/29380849
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9. Knight, A, Bryan, J, Wilson, C, Hodgson, JM, Davis, CR, Murphy, KJ. The Mediterranean Diet and Cognitive Function among Healthy Older Adults in a 6-Month Randomised Controlled Trial: The MedLey Study. Nutrients. 2016. 8:#pages# https://www.ncbi.nlm.nih.gov/pubmed/27657119
10. Mannikko, R, Komulainen, P, Schwab, U, Heikkila, HM, Savonen, K, Hassinen, M, Hanninen, T, Kivipelto, M, Rauramaa, R. The Nordic diet and cognition--The DR's EXTRA Study. Br J Nutr. 2015. 114:231-9 https://www.ncbi.nlm.nih.gov/pubmed/26104270
11. Marseglia, A, Xu, W, Fratiglioni, L, Fabbri, C, Berendsen, AAM, Bialecka-Debek, A, Jennings, A, Gillings, R, Meunier, N, Caumon, E, Fairweather-Tait, S, Pietruszka, B, De Groot, Lcpgm, Santoro, A, Franceschi, C. Effect of the NU-AGE Diet on Cognitive Functioning in Older Adults: A Randomized Controlled Trial. Front Physiol. 2018. 9:349 https://www.ncbi.nlm.nih.gov/pubmed/29670545
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in midlife: The CARDIA study. Neurology. 2019. 92:e1589-e1599 https://www.ncbi.nlm.nih.gov/pubmed/30842290
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26. Zhu, N, Jacobs, DR, Meyer, KA, He, K, Launer, L, Reis, JP, Yaffe, K, Sidney, S, Whitmer, RA, Steffen, LM. Cognitive function in a middle aged cohort is related to higher quality dietary pattern 5 and 25 years earlier: the CARDIA study. J Nutr Health Aging. 2015. 19:33-8 https://www.ncbi.nlm.nih.gov/pubmed/25560814

Excluded Articles

The table below lists the articles excluded after full-text screening, and includes a column for the categories of inclusion and exclusion criteria (see Table 1) that studies were excluded based on. At least one reason for exclusion is provided for each article, though this may not reflect all possible reasons for exclusion. Information about articles excluded after title and abstract screening is available upon request.

Table 2. Articles excluded after full text screening with rationale for exclusion

	Citation	Rationale
1	Alavi-Naeini, A, Bagheri, M, Mirzaei, K, Maljaei, MB, Yekaninejad, MS, Yazdani, A. Relationship between dietary patterns and mild cognitive impairment (MCI) in elderly women. Progress in Nutrition. 2019. 21:270-280 . doi:10.23751/pn.v21i1-S.6090	Study Design, Power/ Size
2	Anastasiou, CA, Yannakoulia, M, Kontogianni, MD, Kosmidis, MH, Mamalaki, E, Dardiotis, E, Hadjigeorgiou, G, Sakka, P, Tsapanou, A, Lykou, A, Scarmeas, N. Mediterranean Lifestyle in Relation to Cognitive Health: Results from the HELIAD Study. Nutrients. 2018. 10:#pages# . doi:10.3390/nu10101557	Study Design
3	Anastasiou, CA, Yannakoulia, M, Kosmidis, MH, Dardiotis, E, Hadjigeorgiou, GM, Sakka, P, Arampatzi, X, Bougea, A, Labropoulos, I, Scarmeas, N. Mediterranean diet and cognitive health: Initial results from the Hellenic Longitudinal Investigation of Ageing and Diet. PLoS One. 2017. 12:e0182048 . doi:10.1371/journal.pone.0182048	Study Design
4	Ashby-Mitchell, K, Peeters, A, Anstey, KJ. Role of dietary pattern analysis in determining cognitive status in elderly Australian adults. Nutrients. 2015. 7:1052-67 . doi:10.3390/nu7021052	Power/ Size
5	Assmann, KE, Adjibade, M, Adriouch, S, Andreeva, VA, Julia, C, Hercberg, S, Galan, P, Kesse-Guyot, E. Association of diet quality and physical activity with healthy ageing in the French NutriNet-Sante cohort. Br J Nutr. 2019. 122:93-102 . doi:10.1017/s0007114519000898	Outcome
6	Assmann, KE, Adjibade, M, Andreeva, VA, Hercberg, S, Galan, P, Kesse-Guyot, E. Association Between Adherence to the Mediterranean Diet at Midlife and Healthy Aging in a Cohort of French Adults. J Gerontol A Biol Sci Med Sci. 2018. 73:347-354 . doi:10.1093/gerona/glx066	Outcome
7	Assmann, KE, Andreeva, VA, Camilleri, GM, Verger, EO, Jeandel, C, Hercberg, S, Galan, P, Kesse-Guyot, E. Dietary scores at midlife and healthy ageing in a French prospective cohort. Br J Nutr. 2016. 116:666-76 . doi:10.1017/s0007114516002233	Outcome
8	Assmann, KE, Lassale, C, Andreeva, VA, Jeandel, C, Hercberg, S, Galan, P, Kesse-Guyot, E. A Healthy Dietary Pattern at Midlife, Combined with a Regulated Energy Intake, Is Related to Increased Odds for Healthy Aging. J Nutr. 2015. 145:2139-45 . doi:10.3945/jn.115.210740	Outcome
9	Bajerska, J, Wozniewicz, M, Suwalska, A, Jeszka, J. Eating patterns are associated with cognitive function in the elderly at risk of metabolic syndrome from rural areas. Eur Rev Med Pharmacol Sci. 2014. 18:3234-45 . doi:#electronic resource number#	Power/ Size
10	Blumenthal, JA, Smith, PJ, Mabe, S, Hinderliter, A, Welsh-Bohmer, K, Browndyke, JN, Doraiswamy, PM, Lin, PH, Kraus, WE, Burke, JR, Sherwood, A. Longer Term Effects of Diet and Exercise on Neurocognition: 1-Year Follow-up of the ENLIGHTEN Trial. J Am Geriatr Soc. 2019. #volume#:#pages# . doi:10.1111/jgs.16252	Health Status

	Citation	Rationale
11	Chan, R, Leung, J, Woo, J. Dietary patterns and risk of frailty in Chinese community-dwelling older people in Hong Kong: A prospective cohort study. Nutrients. 2015. 7:7070-7084 . doi:10.3390/nu7085326	Study Design, Outcome
12	Chen, YC, Jung, CC, Chen, JH, Chiou, JM, Chen, TF, Chen, YF, Tang, SC, Yeh, SJ, Lee, MS. Association of Dietary Patterns With Global and Domain-Specific Cognitive Decline in Chinese Elderly. J Am Geriatr Soc. 2017. 65:1159-1167 . doi:10.1111/jgs.14741	Power/ Size
13	Cheung, BHK, Ho, ICH, Chan, RSM, Sea, MMM, Woo, J. Current evidence on dietary pattern and cognitive function. #journal#. 2014. 71:137-163 . doi:10.1016/B978-0-12-800270-4.00004-3	Study Design
14	Chou, YC, Lee, MS, Chiou, JM, Chen, TF, Chen, YC, Chen, JH. Association of Diet Quality and Vegetable Variety with the Risk of Cognitive Decline in Chinese Older Adults. Nutrients. 2019. 11:#pages# . doi:10.3390/nu11071666	Power/ Size
15	Chuang, SY, Lo, YL, Wu, SY, Wang, PN, Pan, WH. Dietary Patterns and Foods Associated With Cognitive Function in Taiwanese Older Adults: The Cross-sectional and Longitudinal Studies. J Am Med Dir Assoc. 2019. 20:544-550.e4 . doi:10.1016/j.jamda.2018.10.017	Country
16	Diener, HC. Multidimensional prevention of dementia diseases. MMW Fortschritte der Medizin. 2015. 157:39 . doi:10.1007/s15006-015-3658-1	Pub. Status
17	Feng, Z, Cramm, JM, Nieboer, AP. A healthy diet and physical activity are important to promote healthy ageing among older Chinese people. Journal of International Medical Research. 2019. 47:6061-6081 . doi:10.1177/0300060519882590	Country
18	Ferrand, C, Féart, C, Martinent, G, Albinet, C, André, N, Audiffren, M. Dietary patterns in French home-living older adults: Results from the PRAUSE study. Archives of Gerontology and Geriatrics. 2017. 70:180-185 . doi:10.1016/j.archger.2017.01.015	Power/ Size
19	Galbete, C, Toledo, E, Toledo, JB, Bes-Rastrollo, M, Buil-Cosiales, P, Marti, A, Guillen-Grima, F, Martinez-Gonzalez, MA. Mediterranean diet and cognitive function: the SUN project. J Nutr Health Aging. 2015. 19:305-12 . doi:10.1007/s12603-015-0441-z	Power/ Size
20	Gallucci, M, Pallucca, C, Di Battista, ME, Fougere, B, Grossi, E. Artificial Neural Networks Help to Better Understand the Interplay Between Cognition, Mediterranean Diet, and Physical Performance: Clues from TRELONG Study. J Alzheimers Dis. 2019. 71:1321-1330 . doi:10.3233/jad-190609	Power/ Size
21	Gardener, SL, Rainey-Smith, SR, Barnes, MB, Sohrabi, HR, Weinborn, M, Lim, YY, Harrington, K, Taddei, K, Gu, Y, Rembach, A, Szoeke, C, Ellis, KA, Masters, CL, Macaulay, SL, Rowe, CC, Ames, D, Keogh, JB, Scarmeas, N, Martins, RN. Dietary patterns and cognitive decline in an Australian study of ageing. Mol Psychiatry. 2015. 20:860-6 . doi:10.1038/mp.2014.79	Power/ Size
22	Gopinath, B, Russell, J, Kifley, A, Flood, VM, Mitchell, P. Adherence to Dietary Guidelines and Successful Aging Over 10 Years. J Gerontol A Biol Sci Med Sci. 2016. 71:349-55 . doi:10.1093/gerona/glv189	Outcome
23	Gougeon, L, Payette, H, Morais, J, Gaudreau, P, Shatenstein, B, Gray-Donald, K. Dietary patterns and incidence of depression in a cohort of community-dwelling older Canadians. J Nutr Health Aging. 2015. 19:431-6 . doi:10.1007/s12603-014-0562-9	Outcome
24	Granic, A, Davies, K, Adamson, A, Kirkwood, T, Hill, TR, Siervo, M, Mathers, JC, Jagger, C. Dietary Patterns High in Red Meat, Potato, Gravy, and Butter Are Associated with Poor Cognitive Functioning but Not with Rate of Cognitive Decline in Very Old Adults. J Nutr. 2016. 146:265-74 . doi:10.3945/jn.115.216952	Power/ Size

	Citation	Rationale
25	Hardman, RJ, Meyer, D, Kennedy, G, Macpherson, H, Scholey, AB, Pipingas, A. The association between adherence to a Mediterranean style diet and cognition in older people: The impact of medication. Clin Nutr. 2018. 37:2156-2165 . doi:10.1016/j.clnu.2017.10.015	Study Design, IVE
26	Hill, E, Clifton, P, Goodwill, AM, Dennerstein, L, Campbell, S, Szoeke, C. Dietary patterns and beta-amyloid deposition in aging Australian women. Alzheimers Dement (N Y). 2018. 4:535-541 . doi:10.1016/j.trci.2018.09.007	Outcome
27	Hosking, DE, Nettelbeck, T, Wilson, C, Danthiir, V. Retrospective lifetime dietary patterns predict cognitive performance in community-dwelling older Australians. Br J Nutr. 2014. 112:228-37 . doi:10.1017/s0007114514000646	Power/ Size
28	Kesse-Guyot, E, Andreeva, VA, Ducros, V, Jeandel, C, Julia, C, Hercberg, S, Galan, P. Carotenoid-rich dietary patterns during midlife and subsequent cognitive function. Br J Nutr. 2014. 111:915-23 . doi:10.1017/s0007114513003188	Date Overlaps with Existing Review
29	Lee, J, Pase, M, Pipingas, A, Raubenheimer, J, Thurgood, M, Villalon, L, Macpherson, H, Gibbs, A, Scholey, A. Switching to a 10-day Mediterranean-style diet improves mood and cardiovascular function in a controlled crossover study. Nutrition. 2015. 31:647-52 . doi:10.1016/j.nut.2014.10.008	<12wk
30	Lehtisalo, J, Levalahti, E, Lindstrom, J, Hanninen, T, Paajanen, T, Peltonen, M, Antikainen, R, Laatikainen, T, Strandberg, T, Soininen, H, etal, . Dietary changes and cognition over 2 years within a multidomain intervention trial—The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER). Alzheimer's & dementia. 2019. 15:410-417 . doi:10.1016/j.jalz.2018.10.001	IVE
31	Lehtisalo, J, Levalahti, E, Lindstrom, J, Hanninen, T, Paajanen, T, Peltonen, M, Antikainen, R, Laatikainen, T, Strandberg, T, Soininen, H, Tuomilehto, J, Kivipelto, M, Ngandu, T. Dietary changes and cognition over 2 years within a multidomain intervention trial-The Finnish Geriatric Intervention Study to Prevent Cognitive Impairment and Disability (FINGER). Alzheimers Dement. 2019. 15:410-417 . doi:10.1016/j.jalz.2018.10.001	IVE Comparator
32	Li, J, Ogrodnik, M, Kolachalama, VB, Lin, H, Au, R. Assessment of the Mid-Life Demographic and Lifestyle Risk Factors of Dementia Using Data from the Framingham Heart Study Offspring Cohort. Journal of Alzheimer's Disease. 2018. 63:1119-1127 . doi:10.3233/JAD-170917	Study Design, IVE
33	Lutski, M, Weinstein, G, Ben-Zvi, S, Goldbourt, U, Tanne, D. Adherence to Mediterranean diet and subsequent cognitive decline in men with cardiovascular disease. Nutr Neurosci. 2020. #volume#:1-9 . doi:10.1080/1028415x.2020.1715049	Health Status
34	Matthews, DC, Davies, M, Murray, J, Williams, S, Tsui, WH, Li, Y, Andrews, RD, Lukic, A, McHugh, P, Vallabhajosula, S, de Leon, MJ, Mosconi, L. Physical Activity, Mediterranean Diet and Biomarkers-Assessed Risk of Alzheimer's: A Multi-Modality Brain Imaging Study. Adv J Mol Imaging. 2014. 4:43-57 . doi:10.4236/ami.2014.44006	Study Design, Outcome
35	Mazza, E, Fava, A, Ferro, Y, Moraca, M, Rotundo, S, Colica, C, Provenzano, F, Terracciano, R, Greco, M, Foti, D, Gulletta, E, Russo, D, Bosco, D, Pujia, A, Montalcini, T. Impact of legumes and plant proteins consumption on cognitive performances in the elderly. J Transl Med. 2017. 15:109 . doi:10.1186/s12967-017-1209-5	IVE
36	Milte, CM, Ball, K, Crawford, D, McNaughton, SA. Diet quality and cognitive function in mid-aged and older men and women. BMC Geriatr. 2019. 19:361 . doi:10.1186/s12877-019-1326-5	Power/Size
37	Mohorko, N, Cernelic-Bizjak, M, Poklar-Vatovec, T, Grom, G, Kenig, S, Petelin, A, Jenko-Praznikar, Z. Weight loss, improved physical performance, cognitive function, eating behavior, and metabolic profile in a 12-week ketogenic diet in obese adults. Nutr Res. 2019. 62:64-77 . doi:10.1016/j.nutres.2018.11.007	Study Design, IVE

	Citation	Rationale
38	Morris, MC, Tangney, CC, Wang, Y, Sacks, FM, Barnes, LL, Bennett, DA, Aggarwal, NT. MIND diet slows cognitive decline with aging. Alzheimers Dement. 2015. 11:1015-22 . doi:10.1016/j.jalz.2015.04.011	Power/Size
39	Morris, MC, Tangney, CC, Wang, Y, Sacks, FM, Bennett, DA, Aggarwal, NT. MIND diet associated with reduced incidence of Alzheimer's disease. Alzheimers Dement. 2015. 11:1007-14 . doi:10.1016/j.jalz.2014.11.009	Power/Size
40	Munoz-Garcia, MI, Toledo, E, Razquin, C, Dominguez, LJ, Maragarone, D, Martinez-Gonzalez, J, Martinez-Gonzalez, MA. "A priori" Dietary Patterns and Cognitive Function in the SUN Project. Neuroepidemiology. 2020. 54:45-57 . doi:10.1159/000502608	Power/Size
41	Olsson, E, Karlstrom, B, Kilander, L, Byberg, L, Cederholm, T, Sjogren, P. Dietary patterns and cognitive dysfunction in a 12-year follow-up study of 70 year old men. J Alzheimers Dis. 2015. 43:109-19 . doi:10.3233/jad-140867	Power/Size
42	Panza, F, Solfrizzi, V, Giannini, M, Seripa, D, Pilotto, A, Logroscino, G. Nutrition, frailty, and Alzheimer's disease. Frontiers in Aging Neuroscience. 2014. 6:#pages# . doi:10.3389/fnagi.2014.00221	Study Design
43	Park, JE, Jeon, SY, Kim, SA, Kim, JH, Kim, SH, Lee, KW, Hwang, YJ, Jung, G, Suk, HW, Park, S, Lee, DY. A Multidomain Intervention for Modifying Lifestyle Habits Reduces the Dementia Risk in Community-Dwelling Older Adults: A Single-Blinded Randomized Controlled Pilot Study. J Alzheimers Dis. 2019. 70:51-60 . doi:10.3233/jad-190016	IVE
44	Pelletier, A, Barul, C, Feart, C, Helmer, C, Bernard, C, Periot, O, Dilharreguy, B, Dartigues, JF, Allard, M, Barberger-Gateau, P, Catheline, G, Samieri, C. Mediterranean diet and preserved brain structural connectivity in older subjects. Alzheimers Dement. 2015. 11:1023-31 . doi:10.1016/j.jalz.2015.06.1888	Outcome
45	Perrone, L, Grant, WB. Observational and ecological studies of dietary advanced glycation end products in national diets and Alzheimer's disease incidence and prevalence. J Alzheimers Dis. 2015. 45:965-79 . doi:10.3233/jad-140720	Study Design
46	Prinelli, F, Fratiglioni, L, Musicco, M, Johansson, I, Adorni, F, Shakersain, B, Rizzuto, D, Xu, W. The impact of nutrient-based dietary patterns on cognitive decline in older adults. Clin Nutr. 2019. 38:2813-2820 . doi:10.1016/j.clnu.2018.12.012	IVE
47	Qin, B, Adair, LS, Plassman, BL, Batis, C, Edwards, LJ, Popkin, BM, Mendez, MA. Dietary Patterns and Cognitive Decline Among Chinese Older Adults. Epidemiology. 2015. 26:758-68 . doi:10.1097/ede.0000000000000338	Country
48	Rainey-Smith, SR, Gu, Y, Gardener, SL, Doecke, JD, Villemagne, VL, Brown, BM, Taddei, K, Laws, SM, Sohrabi, HR, Weinborn, M, Ames, D, Fowler, C, Macaulay, SL, Maruff, P, Masters, CL, Salvado, O, Rowe, CC, Scarmeas, N, Martins, RN. Mediterranean diet adherence and rate of cerebral Abeta-amyloid accumulation: Data from the Australian Imaging, Biomarkers and Lifestyle Study of Ageing. Transl Psychiatry. 2018. 8:238 . doi:10.1038/s41398-018-0293-5	Outcome
49	Seetharaman, S, Andel, R, McEvoy, C, Dahl Aslan, AK, Finkel, D, Pedersen, NL. Blood glucose, diet-based glycemic load and cognitive aging among dementia-free older adults. J Gerontol A Biol Sci Med Sci. 2015. 70:471-9 . doi:10.1093/gerona/glu135	Power/Size
50	Tanaka, T, Talegawkar, SA, Jin, Y, Colpo, M, Ferrucci, L, Bandinelli, S. Adherence to a Mediterranean Diet Protects from Cognitive Decline in the Invecchiare in Chianti Study of Aging. Nutrients. 2018. 10:#pages# . doi:10.3390/nu10122007	Power/Size
51	Tangney, CC, Li, H, Wang, Y, Barnes, L, Schneider, JA, Bennett, DA, Morris, MC. Relation of DASH- and Mediterranean-like dietary patterns to cognitive decline in older persons. Neurology. 2014. 83:1410-6 . doi:10.1212/wnl.0000000000000884	Power/Size

	Citation	Rationale
52	Trichopoulou, A, Kyrozis, A, Rossi, M, Katsoulis, M, Trichopoulos, D, La Vecchia, C, Lagiou, P. Mediterranean diet and cognitive decline over time in an elderly Mediterranean population. Eur J Nutr. 2015. 54:1311-21 . doi:10.1007/s00394-014-0811-z	Power/Size
53	Tsai, HJ. Dietary patterns and cognitive decline in Taiwanese aged 65 years and older. Int J Geriatr Psychiatry. 2015. 30:523-30 . doi:10.1002/gps.4176	Country
54	Wade, AT, Davis, CR, Dyer, KA, Hodgson, JM, Woodman, RJ, Keage, HAD, Murphy, KJ. A Mediterranean diet supplemented with dairy foods improves mood and processing speed in an Australian sample: results from the MedDairy randomized controlled trial. Nutr Neurosci. 2018. #volume#:1-13 . doi:10.1080/1028415x.2018.1543148	<12wk
55	Wade, AT, Davis, CR, Dyer, KA, Hodgson, JM, Woodman, RJ, Keage, HAD, Murphy, KJ. A Mediterranean Diet with Fresh, Lean Pork Improves Processing Speed and Mood: Cognitive Findings from the MedPork Randomised Controlled Trial. Nutrients. 2019. 11:#pages# . doi:10.3390/nu11071521	<12wk
56	Wade, AT, Elias, MF, Murphy, KJ. Adherence to a Mediterranean diet is associated with cognitive function in an older non-Mediterranean sample: findings from the Maine-Syracuse Longitudinal Study. Nutr Neurosci. 2019. #volume#:1-12 . doi:10.1080/1028415x.2019.1655201	Power/Size
57	Yu, FN, Hu, NQ, Huang, XL, Shi, YX, Zhao, HZ, Cheng, HY. Dietary patterns derived by factor analysis are associated with cognitive function among a middle-aged and elder Chinese population. Psychiatry Res. 2018. 269:640-645 . doi:10.1016/j.psychres.2018.09.004	Study Design
58	Yuan, L, Liu, J, Ma, W, Dong, L, Wang, W, Che, R, Xiao, R. Dietary pattern and antioxidants in plasma and erythrocyte in patients with mild cognitive impairment from China. Nutrition. 2016. 32:193-8 . doi:10.1016/j.nut.2015.08.004	Study Design, Power/Size
59	Zbeida, M, Goldsmith, R, Shimony, T, Vardi, H, Naggan, L, Shahar, DR. Mediterranean diet and functional indicators among older adults in non-Mediterranean and Mediterranean countries. J Nutr Health Aging. 2014. 18:411-8 . doi:10.1007/s12603-014-0003-9	Study Design
60	Zhao, X, Yuan, L, Feng, L, Xi, Y, Yu, H, Ma, W, Zhang, D, Xiao, R. Association of dietary intake and lifestyle pattern with mild cognitive impairment in the elderly. J Nutr Health Aging. 2015. 19:164-8 . doi:10.1007/s12603-014-0524-2	Power/Size